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Olympic Wushu Competition Overview

Wushu at the Olympic level is governed by strict rules and emphasizes both performance (Taolu) and combat (Sanda) events. Athletes perform routines demonstrating technique, flexibility, strength, and difficulty, judged on quality and execution[1] [2]. Routines in individual events typically last 40 seconds to 2 minutes, with specific time limits for different styles[3]. Competitors must follow etiquette, wear designated uniforms, and respect judges and opponents[3] [1].

How to Compete in Olympic Wushu

- **Preparation:** Athletes must register and report for roll-call before events, undergo costume and apparatus checks, and salute judges before performing[1].
- **Performance:** Routines are scored for technical quality, difficulty, and innovation. Time limits are strictly enforced, and points may be deducted for errors, repetition, or going over/under time[3] [1].
- **Scoring:** Judges use a panel system, and scores are displayed publicly. Highest total wins[1].

Key Exercises & Drills

Flexibility and Strength

- Warm up for 5–10 minutes to increase body temperature and prevent injury[4].
- Hamstring and hip flexor stretches are crucial for improving kicks:
  - Wide-leg forward bends: Touch the floor with alternating hands, hold for 10 seconds each side.
  - Seated forward bends: Keep legs straight, reach for the floor, repeat 10 times.
  - Bone stance stretches: Move up and down in a wide squat to stretch inner thighs and hips[4].

Technical Drills

- Practice basic stances (mabu, gongbu, pubu) to develop stability and strength.
- Repetition of fundamental kicks, punches, and jumps to build muscle memory.
- Combination drills: Link techniques smoothly as in competition routines.

Routine Practice

- Regularly rehearse full routines within time limits.
- Focus on clean transitions, explosive power, and precise execution.

Would you like specific drills for a particular wushu style or more details on competition routines?

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1. https://www.munideporte.com/imagenes/documentacion/ficheros/11111111111111wushu.pdf
2. https://www.olympics.com/en/sports/wushu/
3. https://iwuf.org/wp-content/uploads/2019/03/Traditional-Wushu-Competition-Rules-and-Judging-Methods-Trial.pdf
4. https://www.youtube.com/watch?v=dD_uEePnT7M